

Danville-Boyle County Senior Citizen's Inc., Kentucky

The Danville-Boyle County Senior Citizen's Inc.(DBCSC) is located in a rural community in central Kentucky. Most of their older participants have no transportation other than what is offered by the DBCSC.

For the past several years the County Extension Agent has provided nutrition education to older adults attending their center on various topics related to health, exercise and making wise food choices for one or two people. The Extension agent enjoys offering these programs because the seniors are eager to learn and readily participate in hands-on food preparation and other educational activities. The County Extension Agent comes to the center monthly and this spring will provide nutrition education on topics that will include, weight control, meal planning, cholesterol, fats, and sodium, and how to cook for one.

Signing up as a *You Can! Steps to Healthier Aging* partner gave the Danville Boyle County Senior Citizen's Inc (DBCSC) the impetus to find out what their senior centers wanted and to reach out to community non-profit organizations and clubs as partners.

As a result, the Danville-Boyle County Senior Citizen's Inc. has decided to start a new major project to build a walking track. The Leadership of Danville is working with them to build the walking track on their property that will be used by their newly formed walking program. The trail is being built through the generosity of local volunteers from private businesses and companies that are a part of the Leadership of Danville program. The trail is to be completed by April 30. A volunteer landscaper will make this an attractive addition. Laps will be marked and enhancements such as bird houses and benches will make this an appealing place for participants to go to increase their physical activity. Approximately 40-65 older adults will be using the track. Each participant will get a step counter to keep track of how much they have walked and will record it in a logbook. Winners will each receive prizes donated by local merchants.

Key partners are the Leadership of Danville Committee, Timberland Factory, the local County Extension Agent and another nursery in the community that will donate plants, and trees. They are also working with the local health department to offer health clinics to older adults. Other partners include the County Extension Agent, and the local Area Agency on Aging. DBCSC also is making arrangements with the local hospital for seniors to participate at a reduced rate. The Boyle County Extension office will assist with the walking program by offering walking opportunities, motivational tips, and education on the health benefits of physical activity for seniors.

The DBCSC plans to assess weight and blood pressures as outcome measures for their healthy eating and walking program.

These new projects are an enhancement to the exercise programs and classes offered five days a week. At least 22 people exercise three times a week; line dancing also is offered twice a week; and two nights a week they offer square dancing.

Danville-Boyle County's new projects have been made possible because of the generosity of the community in contributing local dollars and donations.